

# May Activities - Urbana Senior Center

301-600-7020    UrbanaSeniorCenter@FrederickCountyMD.gov    www.FrederickCountyMD.gov/aging  
9020 Amelung Street, Frederick, MD 21704    (Lower Level of the Urbana Regional Library)

<i><b>Mondays</b></i> <i><b>9:00-3:00</b></i>	<i><b>Tuesdays</b></i> <i><b>9:00-8:00</b></i>	<i><b>Wednesdays</b></i> <i><b>9:00-3:00</b></i>	<i><b>Thursdays</b></i> <i><b>9:00-3:00</b></i>
<b>Lunch is served every day at Noon.</b> Reservations must be made 48 hours in advance.			
<b>4</b> <b>Health Education 101</b> <b>"Is it a cold or an allergy?"</b> 9:45 Strength Training 10:00 Stitching Post 11:00 Exercise to Video <b>Noon *Birthday Lunch</b> 1:00 *Tai Chi: Advanced 1:30 Book Club	<b>5</b> <b>Health Education 101</b> <b>"Is it a cold or an allergy?"</b> 10:00 *English Conversation 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 *Dinner/Games	<b>6</b> <b>Health Education 101</b> <b>"Is it a cold or an allergy?"</b> 9:45 Strength Training 10:00 *iPad Q&A 11:00 Exercise to Video 1:30 Yoga	<b>7</b> <b>Health Education 101</b> <b>"Is it a cold or an allergy?"</b> 10:00 *English Class 11:00 Exercise to Video <b>Noon *Mother's Day Lunch</b> 1:00 Cards and Games 1:00 Wii Games
<b>11</b> <b>Nutrition Minute</b> <b>"Make better food choices:</b> <b>10 tips for women's health"</b> 9:45 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 *Tai Chi: Advanced 1:00 Rummikub	<b>12</b> <b>Nutrition Minute</b> <b>"Make better food choices:</b> <b>10 tips for women's health"</b> 10:00 *English Conversation 11:00 Exercise to Video <b>11:30 Depression &amp; Seniors</b> 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 *Dinner/Games	<b>13</b> <b>Nutrition Minute</b> <b>"Make better food choices:</b> <b>10 tips for women's health"</b> 9:45 Strength Training 10:00 *iPad Q&A 11:00 Exercise to Video 1:30 Yoga	<b>14</b> <b>Nutrition Minute</b> <b>"Make better food choices:</b> <b>10 tips for women's health"</b> 10:00 *English Class 11:00 Exercise to Video 11:00 Mobile I&A 11:30 Blood Pressure <b>Noon *Breakfast for Lunch</b> <b>with Nurse Steve</b>
<b>18</b> <b>Education for All</b> <b>"Storing Fresh Fruits and</b> <b>Vegetables for Best Flavor"</b> 9:45 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 *Tai Chi: Advanced <b>Closing at 2:00 p.m.</b>	<b>19</b> <b>Education for All</b> <b>"Storing Fresh Fruits and</b> <b>Vegetables for Best Flavor"</b> 10:00 *English Conversation 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 *Dinner <b>6:30 The Inside Scoop:</b> <b>Hospice &amp; Supportive Care</b>	<b>20</b> <b>Education for All</b> <b>"Storing Fresh Fruits and</b> <b>Vegetables for Best Flavor"</b> 9:45 Strength Training 10:00 *iPad Q&A 11:00 Exercise to Video 1:30 Yoga	<b>21</b> <b>Education for All</b> <b>"Storing Fresh Fruits and</b> <b>Vegetables for Best Flavor"</b> 10:00 *English Class 11:00 Exercise to Video 1:00 Cards and Games 1:00 Wii Games
<b>25</b> <b>Closed</b> <b>Enjoy the Holiday</b>	<b>26</b> 10:00 *English Conversation 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 *Dinner/Games	<b>27</b> 9:45 Strength Training 10:00 *iPad Q&A 11:00 Exercise to Video 1:30 Yoga	<b>28</b> 10:00 *English Class 11:00 Exercise to Video 1:00 Cards and Games 1:00 Wii Games
*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.		<b>Get Into the Act!</b> <b>Friday, May 29, 11:30 a.m.</b> <b>Frederick Senior Center</b> Celebrate the 50 <sup>th</sup> Anniversary of the Older America's Act Luncheon and Musical Entertainment \$10, reservations required	
<b>Free!</b> <b>Prepare an Advanced Directive</b> <b>Friday, May 1</b> Have your advanced directive prepared for free. Appointments are required.		<b>Day Trips: June-September 2015</b> <b>Registration begins Tuesday, May 12</b>	